



Springdale Senior Activity & Wellness Center • November 2019 • Newsletter

Address:

203 Park Street
Springdale, AR 72764

Phone: (479) 751-1521

Director:

Lori Proud

Program Assistant:

Rhonda Wolfe

Hours of Operations:

Monday-Thursday

8:00am-4:00pm

Friday

8:00am-2:00pm

Lunch served Mon-Fri

11:30-12:30

Dinner Served Thursdays

5:00pm-5:30pm

**Join us for...FOOD,
FELLOWSHIP
and FUN!!!**

Lines from Lori: Lines from Lori... This is the month to be full of THANKS. Some days we are so consumed with the “what- ifs” in life that we forget to live for today. There are times when we worry so much about tomorrow and today passes us by. This month try to live each day full of Thanks. And, tell people why you are thankful.

I am thankful for each staff member that gives their ALL to make sure we have the BEST Senior Center!

I am thankful for this vessel of a Senior Center and the way it brings people together. I often say Springdale is unique...we are just one big happy family who would do anything for one another.

I am so THANKFUL for this Senior Center and how we all come together in time of need. It is awesome to sit and watch a friendship form and to see the love that pours forth from it. This place truly is “where friends gather as family”!!!

Gospel-Fest & Dinner \$10.00 per Person
Doors open 5:00pm Dinner 5:30 Show 6:00
Friday Nov. 8 — — Pre purchase tickets
Sunset Trio & Four on the Floor
Ladies bring a homemade pie to auction!

Silver Sneaker Exercise Classes

Are you ready to try Silver Sneakers Exercise Classes???

Monday

Weight Machines 12:30 p.m. /

Silver Sneakers 1:00 p.m. / Circuit 2:00 p.m.

Tuesday

Boom Move 8:45 a.m. / Silver Sneakers 9:45 a.m./ Yoga 10:45 a.m. /

Tai Chi 12:30 p.m.

Wednesday

Weight Machines 12:30 p.m. /

Silver Sneakers 1:00 p.m. / Circuit 2:00 p.m.

Thursday

9:15 a.m. Weight Machines / Circuit 9:45 a.m. / Silver Sneakers 10:45 a.m. / Yoga 11:30 a.m.

Not Sure what works for you?...Come 5 minutes before a class and talk one on one with Cindy and she will hook you up!

Exercise Class Descriptions...

Weight Machines: Enjoy fun conversation and resistance machines.

Silver Sneakers: Basic low intensity workout with fun music, hand weights and resistance bands. This class is performed seated and/or standing and is for anyone and everyone.

Circuit: Moderate intensity cardio with intermittent weight bearing exercise. This class is performed in a standing position.

Boom Move: Dance based, upbeat tempo exercise for active adults. Lively music and upbeat footwork.

Yoga: Slow-paced stretching and flexibility focusing on balance , agility and core strength.

Tai Chi for Arthritis: Helps to improve arthritis while focusing on a broad range of physical impairments. Increases mobility, flexibility & reduces pain & stiffness.

Wednesday's

Crochet for everyone...

**Bring a project you are
working on or come
learn and we will have
supplies for you.**

1:00pm

**Line dance
lessons each**

Wednesday

9:00-10:00

JPA Annex

Springdale Senior Center

Senior food give away

Friday, Nov. 8

8:00am-10:00am

Must bring ID

This is for any

Senior 60 and over.

Wanting to learn

Party Bridge or already know
how to play.....

Join us each Wednesday
at 12:30

If you partake in the
produce giveaway
think of a way to
support your
center...Eat lunch,
attend exercise, drop
a few \$\$\$ in jug on
the desk.

Jewelry Making in the
JPA

Thursday Nov 14

9:30am

Have jewelry that
needs repaired
bring it!

Karaoke &

Game Night

Tuesday Nov. 5

6:00pm

Come listen or sing

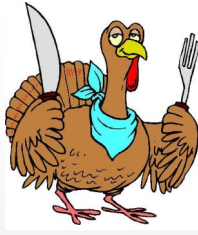
Nov. 6 All aboard...

Be at train depot at
7:30am

Pre purchase
ticket from Lori

Springdale Senior Center

*Thanksgiving Dinner &
WORK OUT BINGO*



Thursday Nov. 14

11:30 Dinner 12:45 BINGO

Tickets are limited! \$5.00

*You must pre buy turkey ticket
from front office by Nov12, 2019*

Fiddlers Fall Fest

Sat. Nov. 23

Breakfast 9:00-10:00

Potluck 5:00pm

Fiddler's Jam all day!

**Come listen and join the
fun!!!**



Springdale Senior Center

Bible Study with Charlie Foster

11:00 AM

Nov. 13 and 27

Everyone Welcome!

TOPS

(Taking Off Pounds Sensibly)
invite you join them
every Friday 9:00am
in the JPA Annex.

Come join a FUN group
who is all about encouraging
each other!

Casino Bound

Monday Nov. 25 leave at 8:30

Rise and Shine Learning

NOV. 13

8:00AM BREAKFAST

**DIMENTIA! WHAT CAN I DO?
CONFUSED?**

CAROLYN NUTTER, PA-C

**& NUTRITION FOR
WELLNESS**

**MATTHEW TOTTEN, M.D.
MUST SIGN UP WITH LORI**

Dolly Parton's

Stampede

Dec. 20

Leave at 10:30

\$50.00

**Must pay
to get seat.**



Senior Center Taxi

Our Senior Center Vans run from




Monday-Thursday 8:00 a.m. until 3:30 p.m. Friday-8:00am-1:00pm

Don't worry about the price of gasoline or where to park. Let us pick you up, take you where you want to go, and home again.

If you are 60 years of age, or older, affordable transportation is available to you. Transportation on the Sr. Center van is available by calling **751-1521**.

We provide transportation to anywhere you want to go in Springdale and limited Fayetteville areas, assist you with your packages and escort you to your door. **The charge is a donation.** The suggested donation is \$4.00 per trip. Leave the driving to us!

November Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:00 a.m. TOPS (JPA) 9:30 BIRTHDAY BASH 12:15 p.m. Baseball
4 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	5 9:30 Bunko 12:15 Baseball 6:00 p.m. Old Time Fiddlers (JPA)	6 9:00 Line Dancing (JPA) 10:00am Gospel Sing 12:30pm CARD GAME	7 8:30 a.m. Pool Tournament 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	8 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
11 	12 9:30 Bunko 12:15 p.m. Baseball Old Time Fiddlers (JPA)	13 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	14 8:30 a.m. Pool Tournament 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	15 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
18 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	19 9:30 Bunko 12:15p.m. Baseball 6:00pm Country Your Way	20 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	21 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	22 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
25 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	26 9:30 Bunko 12:15p.m. Baseball 6:00pm Country Your Way	27 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	28 	29 



November Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Crumb-Top Fish Scalloped Taters Calif. Veggies Bread & Dessert
4 Beef & Cabbage Carrots Fruit & Cottage Cheese Bread & Dessert	5 Chicken Sandwich Fries Country Veggies Dessert	6 Enchilada Casserole Brown Beans Bread, Dessert	7 Chicken Spaghetti Italian Veggies Applesauce Bread & Dessert	8 Hamburger Steak Smashed Taters Buttered Corn Bread, Dessert
11 CLOSED	12 BREAKFAST FOR LUNCH	13 Beef Stroganoff Noodles Broccoli Bread, Dessert	14 Thanksgiving Dinner Turkey & Dressing Sweet Tater Cass. Green Beans Bread, Dessert	15 Smoked Sausage Sauerkraut Mac & Cheese Mixed Veggies Bread, Dessert
18 Tacos for Meals on Wheels Nacho Bar at Senior Center	19 Baked Tater Chili Broccoli Bread & Dessert	20 Swedish Meatballs Rice Carrots Bread, Dessert	21 Chicken & Dumplins Green Beans Spiced Peaches Bread, Dessert	22 Cheeseburger Fries Baked Beans Dessert
25 Mexican Chicken Corn Bread, Dessert	26 Ham & Beans Taters Stewed Tomatoes Bread & Dessert	27 Sloppy Joe Sweet Tater Fries Corn Dessert	28 CLOSED	29 CLOSED

Springdale Senior Center

Lunch & Movie with
Lori & Rhonda

Tues. Nov. 5 leave at 10:45

Sign up at office.

Join us for BUNKO fun!

Every Tuesday &
2nd, 3rd & 4th Friday
9:30am

It's the dice game
ANYONE can play!

Painting ...
with Marie.

Every Friday
10:00 a.m.



All supplies provided.

Space is limited.

Birthday Bash



Friday Nov. 1

9:30 a.m. Music by

Sunset Trio

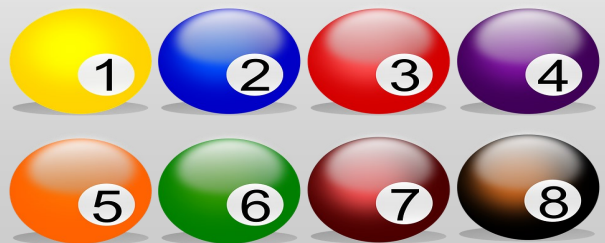
11:00 Birthday Cake
and Bingo

(must eat lunch to play)

Pool Tournament

8:00 a.m. Thurs.

Nov. 14



Thursday Night Jammin Jam

First and third Thursday Bring Finger Food other
Thursdays Hotdogs 5:30pm Bingo 6:00pm Jammin
Jam come sing or play an instrument.

Computer Class

Tuesdays

9:00-10:00



**Basic Computer Skills,
Facebook & Emails**

**Sign up with
Lori to attend!**

Drug Take back...

Nov. 14

Bring any old
prescriptions
that you no longer
are taking!

Springdale Senior Center

Chuckle Corner

Springdale Senior Center Council

Jean Griesing
Gene George

Linda Williams
Bill Drake

WC Grimes
Diana Osborn

Lonnie McClure
DeeAnn McClure
Patty Lewis
Linden Lewis

Ron Mueller
Ginger Mueller

Evelyn Provost
Winnie Paul
Cherie Ressler

Louise Lorenz

Springdale Senior Activity Center

Average Congregate Meal Cost: \$5.51

Average Meals on Wheels Cost: \$6.15

Transportation One Way Trip Cost: \$11.85

All client information is kept

CONFIDENTIAL.

WHAT WE DO...

Springdale Senior Center is a place that serves a nutritious lunch to more than 300 seniors daily. Meals on Wheels operates out of our Senior Center and we provide transportation to Seniors. The center is a place for active seniors wanting to meet other seniors, volunteer opportunities, go on trips, socialize, use the computer, listen to music, play games, dance, & dinner outings. The opportunities are endless. So, what are you waiting for?



ATTENTION CLUBS!!!

The Springdale Senior Activity Center is actively seeking Bridge, Bunco, Mahjong players, support groups, or other clubs to meet in our beautiful facility. We are located at
203 Park St. Springdale, AR 72764

Springdale Senior Center
is pleased to receive
program funding from:

Schmieding
Foundation



Expect nothing.
Appreciate Everything